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HALIFAX HEROES

SLAM DUNK CHOICE

Colter Simmonds bringing more than basketball to North Preston

metroNEWS

JEFF HARPER/METRO



**Historic win
in District 8**
metroNEWS

Plus
Our post-election
airing of
grievances
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HALIFAX VOTES 2016

'Marked in the history books'

ELECTION

Lindell Smith ready to get to work after taking District 8



Zane Woodford
Metro | Halifax

Lindell Smith says he may have a steep learning curve ahead, but will work hard and "not be afraid to ask questions," after a historic win where he became HRM's first black councillor in 16 years.

Smith handily won District 8, Halifax Peninsula North, with about 52 per cent of the vote (more than 3,400 ballots) during Saturday's municipal election.

After an emotional evening with chants of "councillor Smith" and tears as he hugged his family, Smith said they achieved something "the city has never seen."

"We showed the city that when a community comes together, change really happens," Smith, 26, told reporters outside Alteregos Coffee House on Gottingen Street, holding seven-year-old daughter Jahtaya.

"Our city is diverse itself, and our council needs to reflect that."

In the past 20 years (since amalgamation in 1996) there



Lindell Smith is all emotion as he holds his daughter Jahtaya, age 7, after winning his District 8 seat Saturday night. JEFF HARPER/METRO

We put our community into a new light. We showed that somebody like me, an average Joe who cares about the community, can make a difference. Lindell Smith

has only been one black councillor — Graham Downey, who served until 2000.

Although Smith said his roots and support in the African

Nova Scotian community are "part of the puzzle," at the end of the day he will be a city councillor and carry "every single one" of his residents'

issues.

"The reason why we've won most of these stations ... is because everyone realized that it was really time," said Smith, a Halifax North Memorial Public Library community library assistant and youth advocate. Although Smith said he has no political experience, he'll work hard, "learn everything," and carry what he's already been doing into council while "not

being afraid to ask questions."

Smith said going into Saturday night he wasn't sure what to expect, but knew his campaign had worked hard, knocked on thousands of doors, and no matter the outcome "we made a difference. We started a conversation that wasn't being had."

His first priorities as councillor include scrutinizing the upcoming Centre Plan to make

+ DISTRICT 12

Local meteorologist Richard Zurawski will take up Reg Rankin's seat in Halifax regional council.

Zurawski beat five other candidates in District 12, with 365 more votes than runner-up Scott Guthrie according to unofficial results.

sure the policies match neighbourhoods, Smith said, and eliminating registration fees for recreation programs to eliminate barriers for youth and seniors.

Throughout the evening Smith talked with a crowd of around 80 supporters as numbers were called out, and there were lots of smiles with pats on the back as it became clear Smith was the winner, with one woman calling out "history in the making."

Fellow candidate Brenden Sommerhalder came to shake Smith's hand in congratulations around 8:25 p.m., and although Smith said at that point he wanted to wait for more results he wasn't expecting to see "these numbers."

Chants of "speech, speech" began just before 9 p.m. and Smith got up on a chair to tell the crowd the night will be forever "marked in the history books."

Sam Austin up for the challenge in District 5

Sam Austin knows he has big shoes to fill.

The urban planner came out on top in a field of eight candidates for the job of councillor for Dartmouth Centre — long the kingdom of Gloria McCluskey.

"It's pretty surreal. There's only one Gloria McCluskey," Austin said Saturday night.

"She's been the representative of Dartmouth, the fighter for Dartmouth for a long time."

He said that while he didn't always agree with McCluskey, he'll be trying to continue her

tradition of being an independent voice on council.

"She didn't accept things that were put in front of her at face value," he said.



Sam Austin
JEFF HARPER/METRO

Austin said he expects there to be a learning curve on the job, but he said he's already "been living it," juggling going to community meetings, events and council meetings with his day job.

According to unofficial results, Austin won with 30.6 per cent of the vote. He beat runner up Tim Rissesco by 699 votes.

ZANE WOODFORD/METRO

Blackburn says she'll bring 'invigoration'

Lisa Blackburn says she's ready to roll up her sleeves and get to work after defeating long-time councillor Brad Johns by 47 votes in Middle/Upper Sackville-Beaver Bank-Lucasville.

"We are obviously thrilled. I think the difference was that residents in District 14 were ready for change," she said in a phone interview immediately after learning she'd won.

"I really think that (residents) thought about the representation they had in the last couple of years and decided that they wanted something different."

Blackburn, a broadcast jour-

nalist from Beaver Bank, said she intends to bring "some invigoration" to council.

She said intends to tackle the biggest issues she heard from residents, which included transit, traffic safety and development.

"Transit service on Lucasville Road has been a huge issue. I've also heard a lot about speeding issues and traffic safety issues in Millwood," Blackburn said.

"I also heard about new development and (the importance of) keeping a very close eye on new development in the district."

YVETTE D'ENTREMONT/METRO

Cleary looking to bring 'progressive' ideas



Yvette d'Entremont
Metro | Halifax

Shawn Cleary sensed "positive momentum" in his campaign against Coun. Linda Mosher in Halifax-West Armdale, but had no idea the race would be so close.

After 16 years on council, Mosher lost to Cleary by 107 votes.

The Mount Saint Vincent University business professor said he wants to use his business and academic background to bring more evidence-based decision-making to the council table.

He described his win as "amazing."

"I think incumbency is a huge advantage in Halifax and just by getting out there and talking about the issues and things that really matter to people seemed to make a big difference," he said in a phone interview shortly after the unofficial tally.

"People (were) saying... 'Man it'd be nice if we were a little bit better as a city, a little bit more progressive, a little more invested in things like transit and active transportation, all things that I was putting out there... Obviously 107 extra people thought the same way I did.'"



And now you're gonna hear about it

OPINION

One reporter's post-election airing of grievances



Zane Woodford
Metro | Halifax

Consider this list the post-election airing of grievances — from one reporter to the 2016 candidates for Halifax regional council.

In the words of Frank Costanza, "I got a lotta problems with you people, and now, you're gonna hear about it."

This is a list of seven things your campaign manager probably should've told you but

didn't. If you choose to run again in 2020, please follow this handy guide.

Set up social media accounts

It doesn't matter if you think Facebook represents everything wrong with the world, or if you think Twitter is for whiny millennials. Yes, door-knocking is still important and effective, but set up a Facebook page and a Twitter account. Mainly, it's free advertising — c'mon. But more importantly, people young and old will look to social media first to find your platform and get to know you. Help 'em out.

Don't block people

Now that you've got your freshly set-up Twitter account,

(hopefully) you'll get lots of engagement from potential voters. Many of them will have questions, and some might disagree with your positions. Rather than blocking them, guaranteeing they vote for your opponent, answer their questions and try to find some common ground. That said, the real trolls — the racist, sexist or homophobic kind, to name a few — just need to be blocked.

Don't start your own hashtag

At best it's ineffective; at worst it backfires. The ill-fated #WrongWay is a perfect example of the latter. Of course, less mud-slinging hashtags can work under the right conditions — see #ItsTime2016 — but as a rule, they're best

avoided by politicians.

Get a website

While a lot of people looking for information about you will turn to Facebook and Twitter first, you still need a good old(ish)-fashioned website. It's the best place to lay out your platform in full. But keep it simple and make sure it doesn't look like it was developed on Windows 95. Also, to ensure your website pops up first on Google, buy your domain name... Unless someone already stole it.

Media kit with high-res photos

Most musicians have something on their website called a media kit. It's a selection of two or three high-resolution photos — that part is key —

and a quick bio that sums up what they're all about. Not a single one of you has done this, and most photos of you online are crap. The easier you make it for me to get a nice photo of you, the better you're going to look online and in the newspaper. Simple.

Figure out the role of municipal government

No politician should make promises they can't keep. But if the level of government you're running for isn't even capable of doing what you're promising, that's much worse. One candidate's Facebook bio for this election stated she didn't know what being a councillor entailed but she was eager to learn. That's not good enough. Find out what the job is, then

apply for it.

Don't tell me how to do my job

Snarky tweets and emails telling me who I should've talked to or what I should've written are not going to do you any favours. You need to understand the role of media. We're not here to be your own personal PR firm. If I made a factual error, by all means, call me out, and I'll be happy to correct it. But if you just don't like what I've written, or you feel I wasn't fair, suck it up.

Editor's Note: Zane Woodford is a reporter at Metro Halifax who spent the past five weeks covering this campaign. It's obvious he needs a vacation. He will return Oct. 23. We think.

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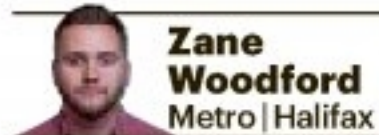


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'The sky is the limit' for re-elected Mayor Savage

HALIFAX VOTES

Sustainable growth now the focus for second term



Zane Woodford
Metro | Halifax

Armed with a strong mandate for a second term from Halifax voters, Mayor Mike Savage says he hopes to continue to grow the municipality, hold the line on taxes, and invest in green spaces.

"To continue to be a sustainably growing city where all people have a chance to succeed," Savage said Saturday night when asked about summing up his goal for the next four years.

In perhaps the least surprising news of the election, Savage garnered more than two-thirds of the vote for mayor, beating his sole opponent, Lil MacPherson, according to unofficial results.

Asked what he saw as his biggest challenges heading into his second term, Savage said it was "to have people understand how special this place is."

"We have a successful municipality, and if we can all believe in it, and understand just how strong this place is, then I think that the sky is the



Mayor Mike Savage arrives at the Dartmouth Sportsplex after winning his re-election. ZANE WOODFORD/METRO

BY THE NUMBERS HOW THE VOTE WENT

68%

Mike Savage

32%

Lil MacPherson

limit," he said.

Savage praised his oppon-

ent, saying that MacPherson "ran a good race," and achieved

her goal of bringing environment issues to the election conversation.

"I learned from her passion on those issues, and I hope she learned that the city's not quite as bad as she thought it was," he said.

While the official tally won't be released until Tuesday when

an official count is done, Metro crunched the numbers and estimates that voter turnout in Saturday's poll was 29.7 per cent.

That's down considerably from the last mayoral election in 2012 when about 36.9 per cent of eligible voters in Halifax cast a ballot.

+ DISTRICT POLLS

COUNCIL

- District 1:** Steve Streach
- District 2:** David Hendsbee*
- District 3:** Bill Karsten* (acclaimed)
- District 4:** Lorelei Nicoll* (acclaimed)
- District 5:** Sam Austin
- District 6:** Tony Mancini*
- District 7:** Wayne Mason*
- District 8:** Lindell Smith
- District 9:** Shawn Cleary
- District 10:** Russell Walker*
- District 11:** Steve Adams*
- District 12:** Richard Zurawski
- District 13:** Matt Whitman*
- District 14:** Lisa Blackburn
- District 15:** Steve Craig* (acclaimed)
- District 16:** Tim Outhit* (acclaimed)

SCHOOL BOARD

- District 1:** Bridget Ann Boutillier*
- District 2:** Nancy Jakeman*
- District 3:** Gin Yee* (acclaimed)
- District 4:** Cindy Littlefair* (acclaimed)
- District 5:** Suzy Hansen
- District 6:** Linda MacKay
- District 7:** Jennifer Raven
- District 8:** Dave Wright (acclaimed)*
- African NS representative:** Archy Beals
- Conseil Scolaire Acadien Provincial:** Lucien Comeau, Marthe Craig, André Surette



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'To be bigger than basketball': a program that's aiming high

SPORT

Preston coach is supporting local youths by uniting them



Yvette d'Entremont
Metro | Halifax

When Colter Simmonds moved back to his childhood home of North Preston in 2006, he came with a one-way ticket and a dream.

He wanted to grow the youth program he had started in Toronto, an initiative created to bring together young men from rival communities through basketball. "I wanted to create a program that would support young men both on and off the basketball court. Socially, academically and physically," he recalled in an interview last week.

"I didn't want it to be just basketball. I wanted to eventually move into other sports that are low cost so it isn't too much of a burden for most kids to be involved."

Not wanting to interfere with the North Preston Bulls Basketball program that ran during the winter months, Simmonds began running the We Will Win Youth Association (3WYA) in the community from April to October, the main recruitment times for Canadian and American colleges and universities.

"I wanted the organization, the 3WYA program, to be bigger than basketball. I wanted it to mean something," he said.



"I'd like to put it out there that we are looking for support to continue growing. Colter Simmonds"

Colter Simmonds helps youth through his basketball-based program, We Will Win Youth Association (3WYA). JEFF HARPER/METRO

Simmonds has an extensive resume that includes coaching at the university, NCAA and professional level throughout Canada and the United States. He still coaches the North Preston Bulls each winter.

Sitting behind a desk at the North Preston Community Centre where he works as a youth advocate worker, Simmonds is soft spoken and a bit uncomfortable talking about himself.

But he agrees to speak because he hopes drawing more attention

to 3WYA might raise awareness and much-needed funds for the program.

"Part of the reason the program hasn't really had a visual presence in the community is because I have a tough time with selling," he said. "So I'd like to put it out there that we are looking for support to continue growing."

From its first year with just six kids, all boys, 3WYA now has more than 60 young athletes. It boasts five boys basketball teams and one girls

team that just started this spring. In addition to young athletes from North Preston, the association has attracted some youth from Halifax, Dartmouth, East Hants and even Lockeport and St. John, N.B.

Simmonds' goal is to have five boys and five girls teams so he can start expanding into other sports.

"Five years from now I'd like the organization to be recognized as the largest youth development program in Atlantic

Canada for sure," he said. "We're pretty close to that as far as what we do and our reach." The program has had many successes, both on and off the court.

But it goes beyond championship wins and the players who've been picked up by colleges and universities. Some are coaching at the NCAA and CIS levels and others are now teachers.

Simmonds said watching young people grow, develop, and keep on the right track is what keeps him going.

+ KNOW A HERO?

Nominate someone

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #HalifaxHeroes

"Not everybody is going to play at the university or college level, but you want to see everybody have productive lives," he said.

Between coaching, travelling to games and showcases and mentoring youth, Simmonds said he's more or less "always" on call. But despite the fact his coaching work is unpaid, he said it never feels like work because it's a passion.

"I wasn't the best kid. A lot of the kids I deal with remind me of myself and I remember the teachers that quit on me. But I remember most and appreciate the teachers that every time I'd screw up and get suspended they'd be meeting me at the door on my first day back after suspension saying 'Let's get back on track,'" he recalled.

"I struggled a little bit in school at times and they showed me where my intelligence was. They did not focus on where I had weaknesses but focused on my strengths. I just feel like I have a responsibility to give back because someone gave to me."

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Storm costs high

NATURAL DISASTER

Province turns to federal government for assistance

The premier of Nova Scotia has announced the province is accepting applications for financial help to deal with damage caused by the remnants of Hurricane Matthew.

Parts of the Maritimes were ravaged by record-setting rainfall over Thanksgiving, causing floods, washouts and power outages.

Stephen McNeil says the Disaster Financial Assistance program will cover up to \$200,000 per household in financial assistance, depending on damage.

Canada's public safety minister says Nova Scotia has asked Ottawa for federal disaster assistance that will be forthcoming.

Ralph Goodale says the province has indicated an initial estimate of at least \$10 million in damages.



An overflowing creek floods a residential area of Sydney last Tuesday. THE CANADIAN PRESS

Nova Scotia has also provided \$500,000 in emergency funding for Cape Breton.

The premier of Newfoundland and Labrador says his province has suffered at least

\$10-million damage to provincial roads and infrastructure. THE CANADIAN PRESS

INVESTIGATION

Crash hurts three

Three men were injured, two seriously, after two all-terrain vehicles collided in Upper Belmont on Saturday.

Shortly after 7 p.m., the Colchester District RCMP responded to a report of a collision on Upper Belmont Road. One ATV was carrying two men — aged 23 and 26 — who were transported to hospital with serious injuries.

Cpl. Dal Hutchinson, media relations officer with the Nova

Scotia RCMP, confirmed at least one of the men was airlifted to hospital in Halifax. The second was also transported to Halifax, however Hutchinson wasn't able to confirm if it was by LifeFlight.

The 23-year-old man operating the second ATV suffered minor injuries and taken to the Colchester East Hants Health Centre.

The cause of the crash is under investigation. METRO

COLD CASE

Police seek help in unsolved homicide

Halifax police say they're continuing to investigate Donald Jermaine Stevenson's murder six years after his death.

Just after 8 p.m. on Oct. 16, 2010, police responded to a call about a shooting inside a residence on Jarvis Lane in Halifax. They arrived to find Stevenson, 21, dead from a gunshot wound.

Investigators believe a man wearing a skull mask and dark clothing entered the residence and shot Stevenson while two family members were present.

The suspect fled the scene on foot, heading northbound across Duffus Street onto Dartmouth Avenue where he got into a waiting silver SUV.

The vehicle left northbound on Dartmouth Avenue, turned onto Rector Street and then headed in an unknown direction.

Police don't believe this was a random act and they're looking for any information about the killing or the silver SUV in which the suspect fled. METRO

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Tough task in fatal plane-crash probe

TRANSPORTATION

Former Alberta premier killed when Cessna came down

An aviation expert says determining what caused a fatal plane crash near Kelowna, B.C., will be especially difficult because the aircraft didn't have flight recording devices.

Investigators will be working with very limited information as they probe why a small Cessna jet crashed shortly after take off late Thursday, said Jurek Sasiadek, a professor of aerospace engineering at Carleton University in Ottawa.

Former Alberta premier Jim Prentice was among the four people on board the plane who were killed.

The Transportation Safety Board has said the plane disappeared from radar shortly

after it took off and no emergency calls or signals were made before the crash.

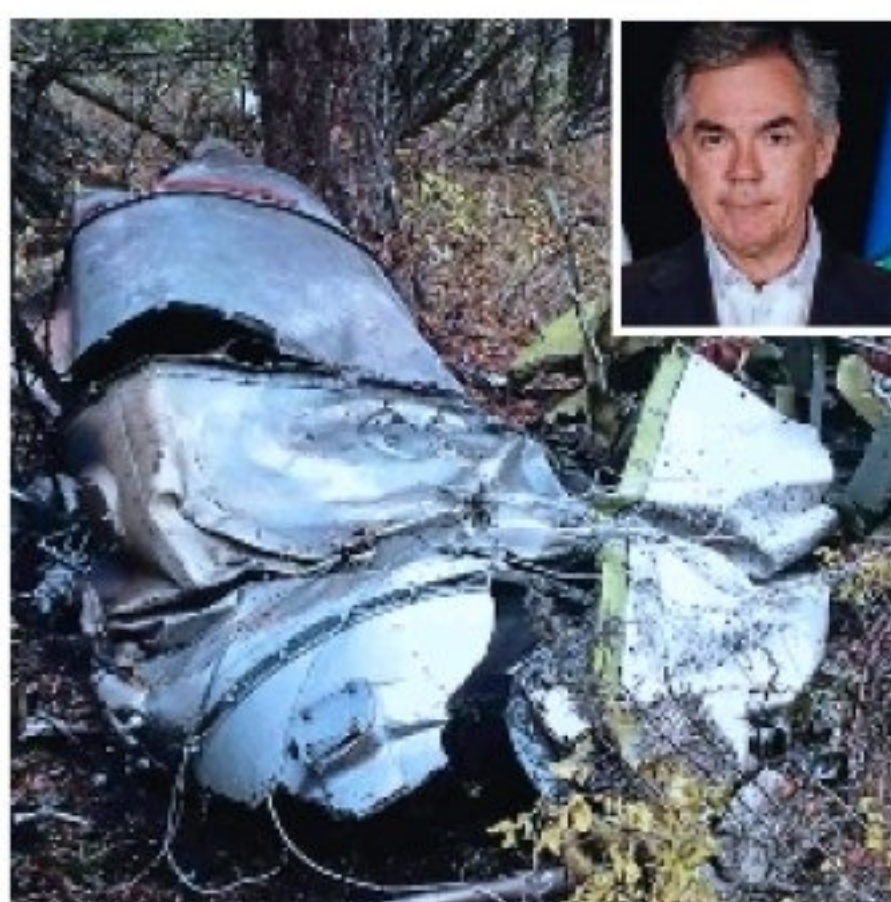
The aircraft, which was built in 1974, was completely destroyed and there was a fire after the crash.

That will make investigators' jobs increasingly tough, Sasiadek said, because it appears there aren't any large pieces of the plane left to look at for clues.

"In this case, there was no communication, there's no black box to rely on and the aircraft disintegrated almost completely," he said. "So it will take a long time to figure out, I guess, what happened, if it's ever possible."

Cockpit voice recorders and flight data recorders, also known as black boxes, collect all of the details of a flight, Sasiadek explained.

"For example, if the engine fails, there will be information that the power failed, so that's how you can learn during the investigation," he said.



An engine nacelle, part of the wreckage of a Cessna Citation which crashed near Lake Country, B.C. The aircraft crashed shortly after takeoff, killing everyone aboard, including the former Alberta Premier Jim Prentice, inset. TSB/THE CANADIAN PRESS

POLITICS

A year later, Liberals still busy consulting

Justin Trudeau's Liberals swept to power last October with a promise of a more open government that better reflects the values and expectations of Canadians.

A year later, they're getting credit for a willingness to listen. But it's too early to tell whether that is resulting in decisions and policies the public truly wants.

The Liberals have launched a flurry of consultations on matters big and small. At last count, there were 84 consultations accepting online comments about everything from food additives and species at risk

to a national housing strategy and security policy.

Townhall meetings on electoral reform have taken place across the country, and a special task force is gathering views on a legalized marijuana regime.

The Liberals say they're fulfilling the pledge to include Canadians in decision-making through several means, including discussion papers, surveys, online portals for written submissions, public meetings, regional and national roundtables, social media, teleconferences and webinars.

THE CANADIAN PRESS

IN BRIEF

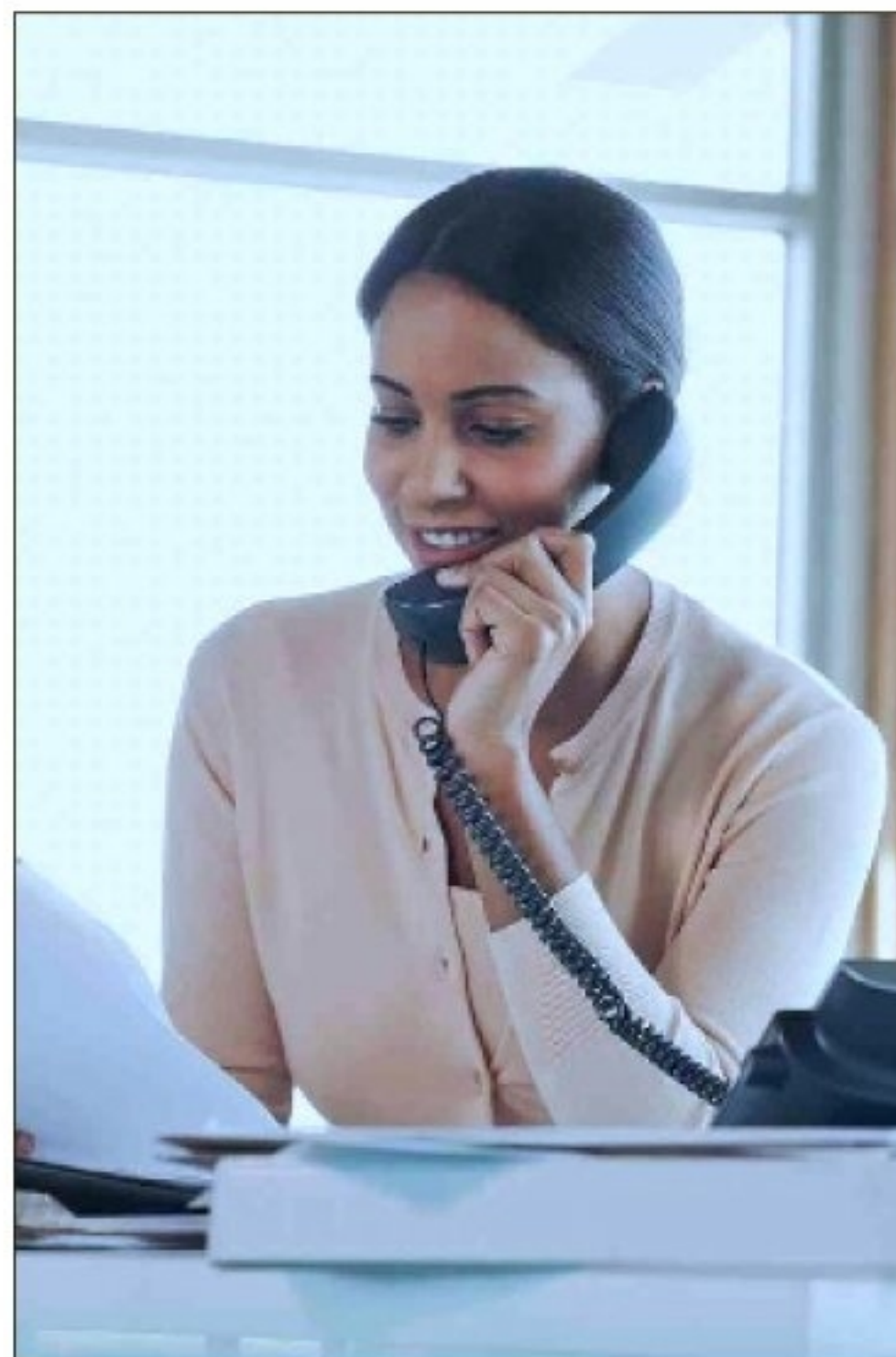
Don't be cavalier about caviar, authorities urge

With eggs for caviar that can make one fish worth as much as a Ferrari, authorities are stepping up efforts to eliminate poaching of a threatened Great Lakes species: the sturgeon. The unfertilized roe is illicitly harvested and sold on the international

black market.

"One big sturgeon could be worth almost \$200,000," said Marc Gaden of the Great Lakes Fishery Commission in Ann Arbor, Michigan. "If you see something suspicious, say something. If you see caviar sold in a store and it doesn't seem right, say something."

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'Disturbing' attack on political office

U.S. ELECTION

Fire and graffiti at Republican Party centre in North Carolina

A Republican Party office in North Carolina was damaged by fire and someone spray-painted an anti-GOP slogan referring to "Nazi Republicans" on a nearby wall, authorities said Sunday.

A news release from the town of Hillsborough said someone threw a bottle filled with flammable liquid through the window of the Orange County Republican Party headquarters overnight. The substance ignited and damaged furniture and the interior before burning out.

The news release says an adjacent building was spray-painted with the words: "Nazi Republicans leave town or else."

State GOP director Dallas Woodhouse said no one was injured, but a security alert is being sent to party offices around the state.

On Sunday afternoon, the walls of the multi-room office were covered in black char, and a couch against one wall had been burned down to its springs. Shattered glass covered the floor, and melted campaign yard signs showed warped lettering. The graffiti had been covered in paint by late afternoon.

Another business owner discovered the damage Sunday morning. Local police are investigating alongside the Bureau of Alcohol, Tobacco, Firearms and Explosives.

Woodhouse said that people sometimes work after-hours, and he felt lucky that no one was there at the time.

"They are working around the clock. It is a miracle that nobody was killed," he said in a phone interview.

Hillary Clinton, the Democratic nominee for president, tweeted: "The attack on the Orange County HQ @NCGOP office is horrific and unacceptable. Very grateful that everyone is safe".

Tom Stevens, the mayor of

the town about 40 miles northwest of Raleigh, condemned the act in a statement.

"This highly disturbing act goes far beyond vandalizing property; it wilfully threatens our community's safety via fire, and its hateful message undermines decency, respect and integrity in civic participation," Stevens, a Democrat, said in a news release.

Rev. William J. Barber, president of the North Carolina chapter of the NAACP, also condemned the act. Barber told the Associated Press on Sunday, "While vigorous debate on issues is acceptable, we in the NAACP denounce any kind of violence that is perpetrated toward our citizens or any political party."

Hillsborough is the county seat of Orange County, which also includes much of Chapel Hill and the University of North Carolina campus. Registered Democrats outnumber Republicans 3-1 in the county that picked President Barack Obama by a lopsided margin in the 2012 election. THE ASSOCIATED PRESS



Someone threw flammable liquid inside a bottle through the window of the Orange County Republican Headquarters in Hillsborough, NC on Sunday, authorities said. THE ASSOCIATED PRESS

SWEDEN

Dozens evacuated from refugee centre

Swedish officials say they have evacuated about 40 people from a refugee centre in southern Stockholm after a fire engulfed the building.

Kurt Jansson, who headed the fire operations, said the alarm came in the early hours of Sunday, adding that police were investigating the incident.

Investigators are treating the matter as possible arson.

Swedish media reports said there had been attempts a day earlier to torch the building, used as a temporary home for refugees.



Firefighters extinguish a fire that broke out early Sunday at a refugee centre in Fagersjö, Sweden. THE ASSOCIATED PRESS

Sweden, which had a record 163,000 asylum applications last year, has seen an increase

in anti-migrant attitudes with several attacks on refugee centres. THE ASSOCIATED PRESS

IRAQ

Iraqi PM signals start of operations to drive Daesh from Mosul

Iraqi state television says Prime Minister Haider al-Abadi has announced the start of operations to liberate the northern city of Mosul from Daesh militants.

The push to retake Mosul will be the biggest military operation in Iraq since American troops left in 2011 and, if successful, the strongest blow yet to Daesh. THE ASSOCIATED PRESS

NIGERIA

Olympic sprinter's daughter fatally shot

The 15-year-old daughter of Olympic sprinter Tyson Gay was fatally shot in the neck, authorities and the athlete's agent said Sunday, and police have arrested a man in connection with the shooting.

Trinity Gay died at the University of Kentucky Medical Center, the coroner's office for Fayette County said in a statement. The athlete's agent, Mark Wetmore, confirmed in a text message to The Associated Press

that Gay's daughter had died.

Police on Sunday evening announced that Dvonta Middlebrooks, 21, was arrested and charged with wanton endangerment and possession of a firearm by a convicted felon. A statement said investigators determined that Middlebrooks was in the parking lot and fired multiple shots at the time of the incident. Another man questioned by police has not been charged. THE ASSOCIATED PRESS

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Shopping for food changing

RETAIL

Grocery conference offers a peek at the future

The way Canadians pay for groceries is poised to reshape bricks-and-mortar stores, according to research to be presented at this week's Grocery Innovations Canada conference.

"There's been this huge shift, as consumers are starting to put away cash and start using more digital products," said Avinash Chidambaram, vice-president, product and platform development at Interac.

Chidambaram is one of the speakers at the conference, which takes place Oct. 17 to 18 at the Toronto Congress Centre. About 4,000 people from the industry are expected to attend.

Research shows that shoppers who are heavy users of contactless cards are also becoming heavy users of mobile devices for payment, according to Chidambaram.

"We had anticipated it would be a slow transition to contact-



The move to digital payment means grocers could replace some check-out lanes with shelves of merchandise, increasing their selling space. GETTY IMAGES

less, but the rate at which this is transitioning is 163 per cent annually, he said.

The move to digital payment is not only a convenience for shoppers, it streamlines the check-out process, which means grocers could replace some

check-out lanes with shelves of



Cash is expensive.

Avinash Chidambaram

merchandise, increasing their selling space.

The transition away from

money will also provide grocers with financial savings, because processing dollar bills and coins itself costs money.

"Cash is expensive," said Chidambaram. "You have to get guys with armoured trucks to come and pick up big bundles of cash, and the bigger the

bundle the more expensive it is, because it's more risk. You have to deposit it into a financial institution, which costs money."

Chidambaram said the Internet of Things is also changing how we shop, with buy buttons on household equipment. When the first fridge came out that made it possible for consumers to order food using the appliance, people thought it was funny, said Chidambaram. But he thinks there are consumers who would like to have eggs automatically delivered to their home if the fridge can indicate they're running low.

Despite digital advances, online shopping for food and groceries remains a relatively nascent category in Canada, according to Suthamie Poologasingham of global retail advisors J.C. Williams Group, another presenter at the conference.

More than 90 per cent of Canadians with web access shop online, but only 15 per cent of them shop for food and groceries there, said Poologasingham. Overall, only four per cent of consumer spending on food and grocery takes place online, compared to 25 per cent of electronics. TORSTAR NEWS SERVICE

MORTGAGES

Rush to beat new rules

Canadian mortgage brokers say they're seeing a flurry of borrowers trying to pre-empt new federal rules that take effect Monday that will reduce the purchasing power of some first-time homebuyers.

Matthew McKillen, a Toronto-based broker with Mortgage Architects, said Friday was a "crazy" day. "The national loan origination software that we use to submit mortgages to our lender partners was down for a period of time due to the increased activity."

McKillen estimates that he was 30 to 40 per cent busier this week than during a normal week.

Beginning Monday, all insured mortgage applications will be subject to a stress test to ensure that the borrower will still be able to service their loan in the event their situation changes or interest rates rise. Previously, stress tests were not required for fixed-rate mortgages longer than five years.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My co-worker is falsifying her hours, and her manager isn't stopping it. How do I inform the owner of the company without undermining anyone?

Dear Ellen,

For the past few months, a co-worker has been caught stealing hours on her punch card. It's become so frequent every employee in our office has noticed it at some point. It's been brought to my manager's attention, who said she spoke to her but it's still happening. Our boss is a very good man who pays us well, and is constantly investing in us. I've been his employee for many years and feel I owe him 100 per cent honesty. How do I bring this to his attention without overstepping my manager?

Confused

Dear Confused,

One reason you may be confused is because your question doesn't make sense. What you're asking is: "How do I overstep my manager without overstepping my manager?" You can't. It's a logical impossibility.

The real question is: "Should I overstep my manager and report a dishonest employee to my boss?"

In terms of etiquette, no worker should ever feel obligated to tattle on the bad behaviour of another worker. The only exception to this rule is if safety is an issue. So, yes, if your co-worker at the dynamite factory insists on lighting scented candles on the shop

It's always a very bad idea to leap to judgment before one has all the facts.

But, why do you care so much about what other people are doing?

I have no idea...

Maybe I don't find my own life to be all that interesting!



© Ani Castillo

floor, then please do report them ASAP.

Otherwise, step lightly. You may not have all the facts. It's possible the punch-card thief is a vile, lazy troublemaker who takes advantage of good people like your boss and who thinks the rest of you are a bunch of idiot cowards for not reporting her.

But it's also possible she's taking work home at night, or has a debilitating brain condition that makes her forget how many times she punched her card that day, or is desperately raising funds toward a holiday spent rescuing orphaned refugees from the depredations of child abusers on the

other side of the world. Not that any of those reasons makes cheating the time clock a particularly good idea. But it's always a very bad idea to leap to judgment before one has all the facts.

It's even possible your boss knows exactly what's going on, but has decided to deal with it in their own way — either by ignoring it, or building up a case before firing the person.

Meanwhile, your manager is aware of the situation, and it is now their responsibility, not yours, to deal with it, or not. If the situation is so demoralizing that it's hampering the productivity of you and other workers, you may, in good

conscience, approach your manager and relate your concerns. You can even raise the issue of how important you think it is for the boss to be informed — by said manager. But it would be counterproductive to undermine your manager's authority by going above their head and talking to the boss yourself.

I'm sure the situation is irritating as all get out. But it's also a good opportunity to practise what I preach: hoe your own row, and stop worrying about what other people are doing.

Need advice?
Email Ellen:
scene@metronews.ca

To demand justice or make ends meet?



Heather Mallick

What's really behind the success of Airbnb? Those stories about TV remotes being the filthiest object in hotel rooms? Squalid residue on hotel bathroom glassware and grimy fabrics where dodgy people once sat naked?

No, that's not it. Face it, you know nothing about the personal hygiene of Airbnb hosts renting out spare rooms. But Airbnb is succeeding for deeper global reasons.

Airbnb has told us it was basically begging cities to set rules for troublesome "professional renters." The Canadian Association of Petroleum Producers has said it believed in man-made climate change. And Uber sounded fairly reasonable.

But Airbnb's executives spoke persuasively about their ideal hosts. They pointed out that if you don't have an extra bedroom for visiting family members, lengthy hotel stays are expensive. Airbnb solves that, especially in suburbs where there are fewer hotels. I see Airbnb as risky for lone female travellers but on trips where a corporation isn't picking up the tab, it's at least affordable.

The problem is what citizens are being urged to further accept. Disruption and the "sharing economy" help us worship the God of Cheap with even greater fervour. They cut costs for people frightened about their economic future. Our worship is no longer voluntary, but mandated. People are feeling poor. They are in fact poorer, and crucially, more isolated than they used to be.

All the services being

ubered now — grocery delivery, car shares, task bidding, one-table home restaurants — are disrupting many industries while pushing them to improve. But will they?

Digitization offers speed and scale, but sharing platforms use it to place risk on the provider and the buyer. The digital intermediary risks nothing.

In a world of income inequality, inflated housing prices, precarious work and higher education as an entry badge, people are struggling.

The so-called "sharing economy" is cheaper. What worries me is that people will cut spending in thousands of small ways. Yes, paying a pensionless Airbnb host helps her keep her home and "age in place," and an Uber ride helps an underemployed person pay his rent. But what about hotel employees and cabbies?

These are tiny money-saving Band-aids. Do citizens have the time to do what would make their lives better: rally, unionize, write to MPs, vote?

What a cheese-paring existence is offered to citizens who become one-person factories briefly renting out their own homes, cars and time for cash wiggle room. It's fine in the short term but a problem in the long term.

I want to be a citizen, not a tiny failing business with income so risible that it doesn't even have to charge HST. I want regular work. I want to pay taxes, the price of life, in a safe, prosperous organized nation.

As Canada's prime minister said at the time of Brexit, we are stronger together. Alone, we await our fate.

Heather Mallick is a columnist for the Toronto Star.

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Sam Maggs says researching her book was fun because she got to "geek out" over clarifying false information spread online. CONTRIBUTED

Tales of the women who changed history

INTERVIEW

Injustices outlined with 'Tumblr culture' sass

Kris Abel
For Metro Canada



In *Wonder Women*, Sam Maggs goes beyond a journey through history's overlooked and influential women of science and technology to address an issue that is very much here and now: the need she sees for representation.

"You just don't see as many women getting into those fields and I think that's really because of a lack of role models," she explains. "Knowing that lots of women have succeeded in the past at these things and continue to succeed at them and that's sort of a viable opportunity — I think it's really important to put that out there."

Her book profiles 25 women across science, medicine, technology, adventure, and even espionage using a mix of stealthy

textbook education and sassy, web humour.

"I kind of come from Tumblr culture," Maggs says of her playful asides and millennial references.

"It's so easy to be mad when you read these injustices; so easy to just default and get angry. You know, if you don't laugh, you cry."

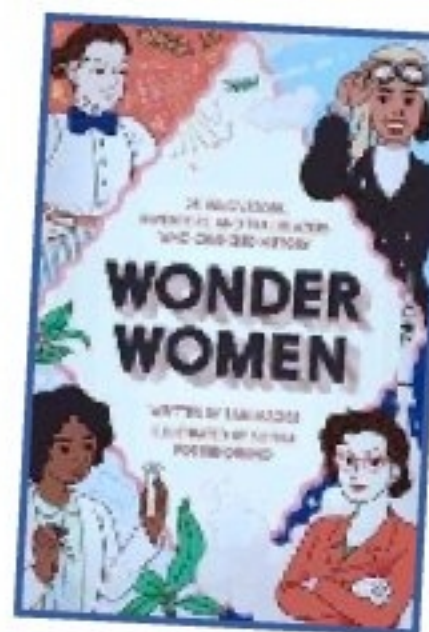
"So being able to approach it from a humorous point of view still points out all the horrible things, but makes it a little more approachable."

You'll find the accomplishments of notable innovators like Ada Lovelace, a 19th century computer programmer, and discover lesser known heroines like spy Mary Bowser who benefits from the kind of research a book offers compared to the internet.

"I learned that Wikipedia is full of lies, basically," says Maggs on her research.

"Mary Bowser was a spy in the Confederate White House because nobody thought that slaves could read, but she was actually highly educated."

"Her Wikipedia entry is full of half-truths and falsehoods, and digging back into the primary sources and finding out where some of those things came from



including those of queer women and women colour, one special pattern emerges.

"Female friendship," says Maggs, "throughout time, women supporting women is what has enabled women to become successful in these fields. A lot of the time today we're sort of conditioned to feel like there can be only one lady scientist or whatever, because there's only one represented in our textbooks, so we feel this innate sense of competition ground into us. But with these stories we see that women supporting other women and female friendships are what enables you to be successful."

Wonder Women is available now in print and as an eBook by Penguin Canada.



Mary Bowser was a spy in the Confederate White House because nobody thought that slaves could read, but she was actually highly educated. Her Wikipedia is full of half-truths and falsehoods.

Author Sam Maggs

MONEY MATTERS

Couples need financial independence

Gail Vaz-Oxlade
For Metro Canada



I meet people all the time who want to beat me up because I advocate financial independence for individuals in a long-term relationship.

"Come on, Gail, marriage means you have to be a team."

"Yeah, it's about trust."

"Just because you've been divorced three times doesn't mean we're all headed that way."

Y'know what? They're all right. Every one of them has a point. But nothing they've said has changed my mind. I believe with all my heart that to be strong as a couple, you each have to be capable of standing on your own two feet.

You have to be an island. Then

be a peninsula.

Being on the same team means you're going to set your goals together and help each other meet them.

If one of those goals is to have a family, then together you have to decide how you will provide care and money to take care of that family. If one of you decides to stay home, that doesn't mean the money-maker gets to make all the decisions about how the money gets spent or abdicate home-care responsibilities. But so often, that's exactly what happens.

It also often happens that the non-working partner ties themselves financially to their mate. They share a bank account; there are no individual accounts. They share credit. One may even give up his or her financial identity completely. Hey, I've seen it, and

it isn't healthy.

I'm not saying your relationship is sure to be a bust. I am saying that to be good for each other and strong together, you each need to take care of the money — individually and as a team — and you each need to be independent. You won't both always want the same thing at the same time.

If one person has more power in the family — financial or otherwise — the other's needs may be swept aside. That's not good for long-term contentment. If you truly love your mate, what's important to him or her has to be at least a little important to you.

You must each be clear about what you need, want, and expect from your relationship. And it can't just be clear in one person's mind. You have to talk about it,

negotiate the grey areas, come to a happy place where you're each getting some of what you want.

Being an island isn't so bad, y'know. It is scary for some people. That idea of independence makes some people want to hide behind words like love, trust, honour and team.

But independence doesn't negate any of those things. It enhances them, because every day you're choosing to be together, not defaulting to togetherness because you're trapped.

Once you see yourself as independent, you can talk about how you enrich each other's lives. You'll talk about what you'll do to make sure you have each other's backs. And you'll listen to each other, because "together" isn't the default. It's what you get by acting like a team. Yup, now you're a peninsula.



Gail Vaz-Oxlade says that to be a strong couple, each person needs to financially be able to stand on their own two feet. iStock

JOHANNA SCHNELLER **WHAT I'M WATCHING**

Anthology TV all about creativity

THE SHOW: *High Maintenance*, Season 1, Episode 3
THE MOMENT: The puppy love

Gatsby (an adorable floppy mutt) has fallen madly in love with his walker, Beth (Yael Stone).

He stands with his paws on the windowsill, watching for her to come back.

He lunges at anyone who touches her, and nudges her jealously when she's on the phone.

Gatsby feels some loyalty to his owner, Chase (Ryan Woodle) — when Chase is sad, Gatsby comforts him.

But his furry heart belongs to Beth.

After Beth smokes dope in Chase's house and he fires her, Gatsby falls into a funk. Eventually he runs away and is adopted by a dumpster diver.

But fate reunites him with Beth one last time.

Yes, you're reading this



In Episode 3 of *High Maintenance*, a dog named Gatsby falls in love with his walker, Beth (Yael Stone).

CONTRIBUTED

right — this entire episode is told from a dog's point of view.

Created by husband-and-wife writers Ben Sinclair and Katja Blichfeld, originally released as a web series, and now expanded by HBO, *High Maintenance* is part of a growing trend in anthology

TV, where shows feature different characters each week. (See also: *Easy*, *Black Mirror*, *American Crime*, *American Horror Story*.)

It revolves around a weed dealer known only as The Guy (Sinclair), and the endless variety of New Yorkers who buy his wares.

Anthology series feel super-cool, because they're all about the freedom of creation, the pleasures of texture and detail.

As long as the vibe is compelling, the characters can be anyone and do anything.

But even in an audacious format, a dog's-eye episode is an extreme example. Still, when Gatsby takes his last look at Beth, I dare you not to be moved.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

When the rich try to hire a 'personal servant'

ISTOCK

ANALYSIS

An ad on Vancouver's Craigslist draws ire of advocates



Wanyee Li
 Metro | Vancouver

A Vancouver Craigslist ad for a personal assistant has advocates and at least one professor shaking their heads about what is being asked for in the listing.

The person who posted the ad describes him or herself as part of a professional working couple living in Gastown's Woodward's building and asks for things like washing vegetables, keeping household products stocked, and packing lunches.

It's essentially an ad for a personal servant, said one UBC professor, who added she was not surprised to see it given the country's growing income inequality.

"They're not calling it a personal servant but that is what they're asking for," said Sylvia Fuller, who studies employment and inequality.

"It's not surprising that you start to see more of this kind of arrangement because there are people who can afford it and there are folks who don't have any other options."

The Craigslist ad was posted for at least eight days before it was flagged and taken down last week. Metro has not been able to contact the person who posted the ad.

People who are new to the labour market, like recent graduates and immigrants, are often the most vulnerable when it comes to precarious employment, said Fuller.

The ad language, including its claim that the job is an internship, indicates the couple is looking for a millennial to fill this job, she said. The problem is, there is nothing in the job description that indicates it would forward someone's career, she said.

"You're not really developing any particular skills in that job."

The ad even states, "(if) you're the type of person who likes super 'creative' work, where you have a lot of variety in your day ... and deal with a lot of different types of complex challenges ... then this probably is NOT right for you."

People have historically avoided this kind of work — personal servitude — if they have other options and for good reason, she said.

"If you're hidden in somebody's household, in this kind of job, typically you're not being paid particularly well but it is also easily subject to abuse and exploitation."

The ad also states it is looking for someone who, "doesn't take things personally, have feelings hurt easily or get offended at all."

But the ad has appeared to offend a lot of people online already.

Downtown Eastside advocate Wendy Pedersen calls the people behind the ad "rich entitled slobes with no life skills" and Vancouver writer Lindsay Brown describes them as "people who have PAs as well as a housekeeper and demand that you don't get ruffled if they have a tantrum."

Fuller is not surprised the ad has ruffled feathers but is also not surprised the ad was placed in Vancouver.

"Vancouver is one of the most unequal cities in Canada when we look at incomes — it's not surprising that we would see examples of this here."

ARTISAN CRAFTED

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SMALL BUSINESS WEEK

Managing growth to keep business on track

If you're a small business owner coming out of a growth phase, you're not alone. In 2015, 86 per cent of small businesses reported growth, according to the 2016 Small Business Banking survey by Meridian Credit Union.

However, the survey indicated, this number dropped by 11 per cent in 2016 because of concerns over cash flow, economic uncertainty and an unstable real estate market. Here's how companies can protect themselves during a growth phase.



ISTOCK

Effectively communicate change to your team

Every company needs a communications strategy. "Change is an inherent part of the day for owners and managers," said Ruth van Vierzen, founder of the business development company, REV2 Business Growth Agency. However if you're not at managerial level, change isn't part of your day-to-day activities and it can make people nervous. If employees don't understand why change is happening they can assume the worst.

Maintain a high quality of talent

Set out a future-focused human resources plan to determine who you need, and what skills are required, to do what job. This is valuable for succession planning and when hiring to find the right fit for new roles. Mind mapping — an exercise where you brainstorm ideas, make an action plan, and present it to staff — can help you manage goals for the next five years, and ensure that you have sufficient talent to fill key roles.

Maintain good customer service

A decline in customer service as business booms, or becoming complacent during a growth phase, can be a deal breaker for companies. "Companies need a team of customer service ambassadors who are proactive about growth and customer service," advises van Vierzen. You need a plan in place to satisfy customer needs and be able to tweak that strategy as you move along, and business grows. Implement a quality control standards policy and make sure that you don't lose sight of your company's vision, mission and principles.

Manage your budget

In the early years, start-ups are typically tight on cash, without much wiggle room when it comes to spending. But as periods of austerity set in, it can be tempting to loosen the reigns and overspend.

"Rely on the advice of your financial team," said van Vierzen. Understand your finances and keep up a conservative approach to spending and manage the cash you have on hand so it's there when needed.

-NANCY RIPTON

A CUT ABOVE THE REST

The Bedford area has a go-to restaurant that's developed a loyal following since it opened in May.

People are flocking to the Butcher's Block for the quality, value and variety at the upscale Nova Scotian pub.

"Any bar can serve a drink, craft beer or wine, but the difference separating the good from the bad is the quality of the food and service," says owner Christopher Campbell.

The menu offers traditional favourites like fish and chips, pizza and burgers, but shows off its variety in dishes like quesadillas, pan-fried haddock, seafood fettuccine and lamb burgers.

Steaks are another highlight. Using only AAA striploin and tenderloin, they're cut at the time of order.

The Butcher's Block also serves up brunch on Saturdays and Sundays from 10:30 a.m. to 2 p.m. One of the feature dishes is eggs Benny with homemade Hollandaise sauce.

Wednesday is wing night and full of specials. A pound of wings goes for \$5, a 20 oz. draft of Moosehead Lager or Hop City Barking Squirrel sells for \$5, while a pitcher of beer and pound of wings is offered for \$15.

The Butcher's Block has great live entertainment on Friday and Saturday nights



CONTRIBUTED

from 7 p.m. to 11 p.m.

Sundays are popular because of an NFL football pool where people buy a \$5 ticket and predict the outcome of a featured game. The earnings are split between the winners and either Feed Nova Scotia or the Lions Club.

The Butcher's Block is located at 540 Southgate Dr., just off Larry Uteck Boulevard. It's also the perfect place for a Christmas party, so call 902-407-0077 to book it.

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Where online prices and professional service meet

Kristie Robertson is a fan of online shopping, but there's one area where she says it doesn't make sense: buying eyewear.

"I genuinely think the public doesn't understand the degree of risk," said the manager of The Canadian Optical Warehouse in Halifax.

She likens it to buying medication online. If the site does not display the logo of the Canadian International Pharmacy Association, the public has no assurances what quality medication they will receive.

"It's the same thing when it comes to eyewear," Robertson says. "There are no regulations or standards when it comes to internet sales of eyewear, so it's buyer beware."

Research has found that nearly half of prescription glasses purchased online don't meet a patient's optical requirements or the physical requirements (for things like impact resistance).

If eyewear isn't the right fit or the lenses are incorrect, it can interfere with your ability to see and impair depth perception,

lead to blurred vision, headaches, dizziness, falls and other accidents, and worsen near or far-sightedness.

For such reasons, Nova Scotia regulates the dispensing of eyeglasses through opticians, optometrists and ophthalmologists, thus ensuring consumers not only a proper fit, but verifying that the final product is correct.

Other concerns include the risk of purchasing counterfeit products, which are poorer-quality products falsely labelled as a higher-quality brand.

"As with medication purchased on the web, how does one verify the products are legit?" Robertson says. "Why take the risk to circumvent regulations that are there to protect Nova Scotians?"

The Canadian Optical Warehouse is a traditional bricks-and-mortar store that offers pricing similar to what you'd see online but with guaranteed quality and the professional and accountable services of an optician.



CONTRIBUTED

With opticians on site, the business focuses on educating clients about how particular eyewear options fit a person's face shape, lifestyle, professional and fashion needs.

Not only will you get great pricing, but there's also the assurance of professional

service and knowing you're getting the right product.

Located at 103 Chain Lake Dr. in Bayers Lake, The Canadian Optical Warehouse is confident it has the best prices and offers a guarantee.

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FEEL LIKE FAMILY AT MANORHOUSE FURNITURE

Manorhouse Furniture is a family business in every sense of the word. In business for over 45 years, it's run by the second generation of the Kidd family, with several third generation family members involved in the day-to-day operations of the business.

"We're lucky to serve multiple generations of customers. Families are coming in and it's the children and grandchildren of our original customers who shopped with my grandfather, who started the business," says Leigh Evans, a third-generation family member working at Manorhouse.

The business started on Quinpool Road in 1971, but moved to its present location at 600 Bedford Highway in 1986.

Manorhouse offers a full range of furniture options for the bedroom, dining room and living room, as well as occasional pieces like fireplaces and media units, and accessories such as toss cushions, art work and lamps.

"Our long-term staff has in-depth

knowledge of the products we carry and we're non-commissioned. We'll take as much time as necessary to make sure we help you find something you're going to be happy with, that will suit your style and your home," Evans says.

Some of Manorhouse's product lines offer 100 per cent customization, allowing customers to choose not only fabric and style, but custom size as well.

Products from Canadian suppliers like Brentwood, Future, Canadel and Durham are available, just to name a few.

From Oct. 11 until Oct. 25 customers can save 20 per cent on Durham bedroom suites and occasional tables.

Manorhouse offers traditional, contemporary and transitional-style products.

One of the things Manorhouse prides itself on is having a good selection of products on display in its 20,000 square foot showroom. A new product line on display is Canadel's Downtown Collection, a contemporary line of dining room furniture.



CONTRIBUTED

Manorhouse offers free local delivery and set-up of your furniture. Their showroom is open seven days a week, with

extended hours on Thursdays and Fridays, and is open on Sundays from noon to 5 p.m.



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Saving the planet, one window at a time

Fog is part of life in Atlantic Canada, but foggy windows shouldn't be.

When windows get foggy (or have condensation in them between the two panes), it's a sign the window seal has failed. Traditionally, the approach to fixing these foggy windows has been to replace them, which is time consuming and costly.

Get the Fog Out offers a solution that's great for the environment as most window glass does not get recycled into new glass products in the Maritimes. They have saved thousands of windows from becoming "fill" somewhere. It will also restore the insulation value of your failed windows and is only a fraction of the cost of replacing the windows.

The Better Business Bureau-accredited company uses a proprietary solution to insert breathing holes so the unit can expel moisture on its own, thereby preventing condensation from building up inside the windows.

"Most people don't even know this service exists," said operations manager Karen Nugent.

Her youngest son, Kent Nugent, plans to expand the business to open up a division that is contracted by window manufacturers to

perform their warranty and service work. This would offer tremendous savings to the manufacturing companies and customers.

Get the Fog Out's service costs about one-quarter the price of complete window replacement, but there are other benefits.

Nothing is dismantled and all the work is done outside, usually 20 minutes per window. The repair comes with up to a five-year warranty.

Nugent says customers don't even need to be home when the service is done.

With winter coming, getting foggy windows fixed should be a priority. That's because a failed thermopane window with moisture between the two panes in the winter can attract the cold 25 times more than a working, dry unit. This has the potential to jack up your heating bill. Get the Fog Out has been successfully serving customers in the Maritime provinces for the last nine years and has built up a track record of satisfied customers.

Visit getthefogout.ca to watch a quick video to see how the windows are restored, and fill out the free quote form to get an estimate of how much the work will cost.



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*Must be booked in the month of Oct 2016 & the work completed by the end of Feb 2017. No cash value, some restrictions apply. Ask for full details.



"I'll be locked in regardless": Marcus Stroman doesn't expect any negative side-effect to pitching on 13 days' rest for Game 3 of the ALCS

Outside his comfort zone



Bruce Arthur

We know Jose Bautista at this point. It's been a long marriage between Toronto and man, which began of convenience and became one of deep affection. We know his habits, his strengths, his weaknesses. We know the marriage may end soon, as some marriages do.

But right now we also know that Bautista is not hitting. In the playoffs so far: 21 at-bats, three hits, two home runs and a single, five walks, a gaudy 10 strikeouts. In his last four games, he has eight strikeouts in 14 hitless at-bats. Even in his injury-marred regular season, this would be a blip. In the post-season, with the Toronto Blue Jays trailing Cleveland 2-0 in the American League Championship Series, everything is magnified.

So, what's wrong? "I'm having great at-bats," said Bautista. "It's just sometimes the elements and the circumstances that we have to deal with as hitters sometimes doesn't necessarily go our way. But I'm not trying to really get into that."

"All you have to do is go look at video and try to count the number of pitches they have thrown over the heart of the plate. It hasn't been many. But they've been able to do that because of" — and here he paused, like he was either imparting a secret or deciding on the wording, or both —



Jose Bautista has been having trouble finding pitches to hit during the Jays' 2016 playoff run.

ELSA/GETTY IMAGES

"the circumstances."

The circumstances? "That I'm not trying to talk about," he said. "Because I can't. That's for you guys to do, but you don't really want to talk about it either."

Ah, yes. The 35-year-old Bautista's battle with umpires has been a struggle for him that borders on the existential. He believes he can see the strike zone better than they can, and when they see it differently, it offends him. In Game 1, his

sixth-inning strikeout did feature a remarkable lack of actual strikes. In his ninth-inning strikeout in Game 2, strike one looked outside. In his third-inning strikeout, he swung at ball three. Bautista seems to believe that Cleveland is not pitching to him in the first place, which combined with bad umpiring screws up the whole operation.

"Yeah, I mean, for me, I'm trying to swing at strikes and not get out of the zone," he

said. "I've noticed how they've been pitching me, and it's been tough, but I continue to have the same type of at-bat, because they're pitching me the same. I just haven't been able to get the pitch that I get every three at-bats that's over the plate."

Indeed, in Game 1 Corey Kluber walked Bautista with two outs and Edwin Encarnacion on first, perhaps because Russell Martin was up next. The pitches weren't close. The ol' intentional non-intentional walk. "It feels like every at-bat that I've had has been like that," Bautista said. "I've had two or three in the first two games that have been pretty hittable pitches, and I'm missing. I fouled them off, or something."

I'm having great at-bats. It's just sometimes the elements and the circumstances that we have to deal with as hitters sometimes doesn't necessarily go our way.

Jose Bautista

+ TONIGHT



**ALCS Game 3:
Cleveland at Toronto,
Monday, 8 p.m. ET**

So maybe it looks like Bautista is playing hero ball, swinging like he wants the ball to reach the moon every time, and the result is strikeouts. But when he connects, though, he can be the hero. You may remember some examples, if you try. That's how this team is built. They swing, and when they connect they often win.

And as centre fielder Kevin Pillar puts it, "It's just natural to go up there and want to do something that's going to allow you to be remembered. A lot of people's careers have been made off one big at-bat, or one big hit in the post-season."

Jose Bautista may not be a Blue Jay much longer. Marriages end. But he still has a chance to be the hero despite the small men he sees dragging him down, despite the deficit, despite everything. The marriage, the series, the opportunity to be remembered: none of it is over yet.

Bruce Arthur is a sports columnist with the Toronto Star

QMJHL

Herd win on road

The Halifax Mooseheads ended their four-game road trip on a high note Sunday as they defeated the Victoriaville Tigres 7-3.

Max Fortier continued his productive season, scoring his seventh goal of the year. Dartmouth's Jared McIsaac also chipped in with his first career QMJHL goal.

But it was Nico Hirschier who was the hero for Halifax, scoring twice in under two minutes to put Mooseheads ahead 4-2 early in the second period.



Nico Hirschier

JEFF HARPER/
METRO

Ben Higgins, Bradley Kennedy and Otto Somppi also scored for Halifax, which posted its first win away from Scotiabank Centre this season.

Prior to Sunday's game, Halifax's inability to win on the road was again on display. On Friday they fell 6-3 to the Shawinigan Cataractes, before Saturday's 4-2 setback at the Blainville-Boisbriand Armada.

"I think we had a really good weekend actually, with the schedule that we had I'm really proud of them," said head coach Andre Tourigny.

"The way we responded and the way we competed were really good."

Rookie netminder Alexis Gravel finished with 20 saves for the win.

Halifax (6-5) gets a three-day break before facing The Rouyn-Noranda Huskies Friday at Scotiabank Centre. Puck drop is 7 p.m.

DYLAN DESROCHE FOR METRO



90s to now

Break the routine.
mix means variety.

Brady has Pats purring again

NFL

QB links up with familiar target in 2016 home debut

Tom Brady had a smooth regular-season home debut.

Playing his first game in Foxborough, Mass., since the end of his "Deflategate" suspension, Brady had three touchdown passes and went over 5,000 completions for his career and the Patriots beat the Cincinnati Bengals 35-17 on Sunday.

Brady finished 29 for 35 for 376 yards. Tight end Rob Gronkowski had seven receptions for a career-high 162 yards and a touchdown.

"I think I know how to get to that place where I need to be," Brady said. "You only have so much energy, and at some



Tom Brady THE ASSOCIATED PRESS

point you gotta cut it loose when the moment's right."

Cincinnati dropped to 2-4 for the first time since 2010, when it finished 4-12 — its worst season under coach Marvin Lewis.

The Bengals had their mo-

SUNDAY In Foxborough

35 **17**
PATRIOTS BENGALS

ments offensively, scoring on a two-yard touchdown run by Andy Dalton and five-yard pass from Dalton to Brandon LaFell. Dalton finished 21 of 31 for 254 yards.

But New England (5-1) bounced back from some sluggish drives early with several big plays in the third quarter.

The Bengals scored on their first drive after halftime to briefly take a 14-10 lead. The Patriots swiftly responded with a safety and a pair of touchdown passes by Brady — first to Gronkowski, then to James White — to put the Patriots back in front.

THE ASSOCIATED PRESS



PREMIER LEAGUE AUSTIN CONTINUES SCORING FORM

Jose Fonte, left, and Charlie Austin celebrate Austin's 66th-minute penalty against Burnley on Sunday. Austin also scored in the 52nd to make it seven goals in six games in all competitions for Southampton who won 3-1. RICHARD HEATHCOTE/GETTY IMAGES

IN BRIEF

Harvick wins in Kansas

Kevin Harvick won the NASCAR Sprint Cup race at Kansas Speedway on Sunday, going to the front on a late restart and outrunning Carl Edwards to lock up his spot in the next round of the Chase.

Harvick was among the fastest in the final qualifying session, and hung around the front all day while other Chase contenders faltered. He was still at the front when Regan Smith brought out the final caution, and was able to keep Edwards at bay. THE ASSOCIATED PRESS

Murray tops in Shanghai

Andy Murray defeated Roberto Bautista Agut 7-6 (1), 6-1 to win the Shanghai Masters on Sunday, his second title in as many weeks and the sixth in what is shaping up to be his most successful season. Murray hasn't lost a set in his last 10 matches, winning titles at the China Open and Shanghai. THE ASSOCIATED PRESS

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RECIPE Roasted Cod Provencal



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

• 4 filets of cod

Directions

1. Preheat oven to 350 degrees.

2. In a large skillet, warm olive oil over medium heat. Toss in garlic, onions and fennel and sauté about five minutes until vegetables begin to soften. Add peppers and herbs and cook another three minutes.

3. Add tomatoes and olives. Use the back of a wooden spoon to break up tomatoes. Allow to simmer and thicken for about 10 minutes.

4. Pour the sauce into a baking dish. Lay the cod over the sauce and bake for 12 to 15 minutes, until fish is flaky. Sprinkle finely chopped fennel fronds over top.

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Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

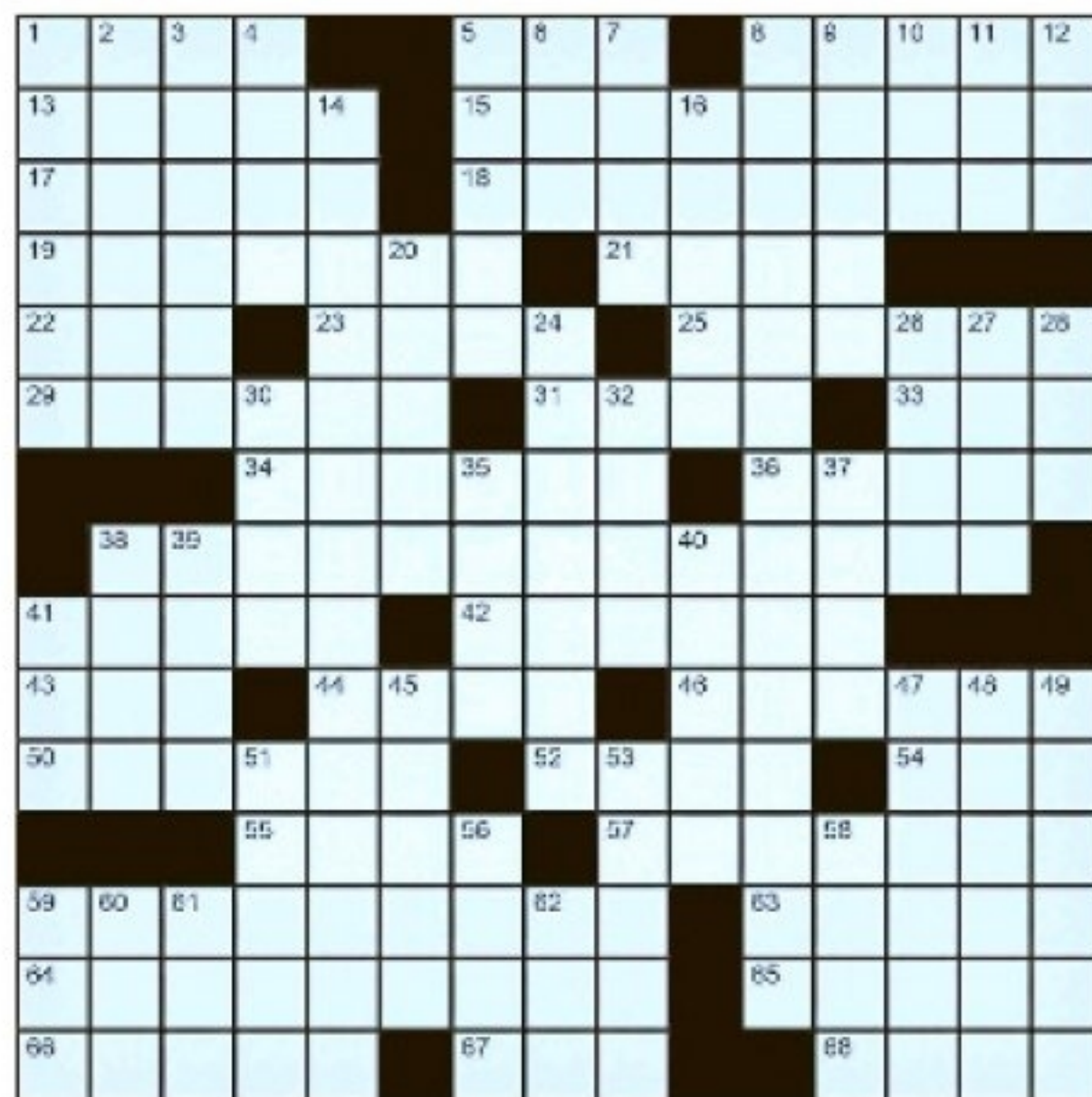
- 2 Tbsps olive oil
- 2 cloves of garlic, minced
- 1 red onion, sliced
- 1 bulb of fennel, trimmed and thinly sliced (retain the fennel fronds for garnish)
- 1 red pepper, trimmed and thinly sliced
- 1/4 tsp dried thyme
- 1/4 tsp dried oregano
- 1 x 28 oz. can of tomatoes
- 1/3 cup black olives, pitted

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Does tailoring
- Operative
- Bowl game airship
- Gordon __ (Detective Greg Medavoy on "NYPD Blue")
- Performance's star
- More healthy
- De-crease
- Most balmy
- Let use for a time
- Anti-war song by Metallica
- Toll
- Modifies
- Begins to take effect: 2 wds.
- Avatar of Vishnu
- Tommy Jones connector
- Calm, cool and collected
- WWII threat in the North Atlantic
- International equestrian show jumping facility in Calgary: 2 wds.
- Kills a dragon
- 1961 Bobby Lewis hit: "___" and Turnin'
- In-not
- "Soak Up the Sun" singer Ms. Crow, to pals
- When the stars begin to twinkle: 2 wds.
- "Voilà!"
- Prefix to 'tary' (Alone)
- Greek alphabet's 21st letter
- Greedily takes
- Lipsticks alternatives



- Estranged
- Carpentry claspers
- First movie in which Pierce Brosnan starred as James Bond
- Sashay
- Bit of braiding
- Butterfly logo co.
- Discounted

DOWN

- Doofuses
- Julia's "Seinfeld" character
- Credit cards holder
- Quickened
- Closes
- BiC product
- Two-masted boat

- Stage in the competition on "The Voice" when the coaches are sitting in their red chairs facing the audience: 2 wds.
- Ms. Evans of "Dynasty"
- Stuff in a #6-Down

- Funnyman Mr. Brooks
- ___-trial
- In Canada, they might originate from the Ekati Diamond Mine in the Northwest Territories, for instance: 2 wds.
- "___ On" by

- Aerosmith
- ___ boom
- Quake's quivers
- Farming implement
- Elegant afternoon socials
- Adjust
- Agile
- Tangy quaffs
- Seven, in Portugal
- Investment portfolio item
- Disparage
- Party platter's spreadable item
- "___ of you are aware..." (Group meeting opening line)
- Soak through
- Wrestling star Hulk
- Advantage
- Sunflower seeds scraps
- Hershey's ___ (Chocolate treats)
- Moult
- Where The Osmonds hail in Utah
- Peony part
- Mast's marine material
- Actor's representative, for short
- "Council" completer (Mayor's meeting attendee)
- Suffix to 'Tact'
- Prince Andrew and Fergie's youngest daughter...her initials-shares

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
All your communications with others are positive today. Furthermore, your ideas will be big because you are confident and enthusiastic. Way to go!

Taurus April 21 - May 21
This is a good day for business and commerce, because whatever you initiate regarding your finances might bring you a profit. You also will enjoy shopping for big-ticket items.

Gemini May 22 - June 21
Today the Moon is in your sign dancing with lucky Jupiter. This promotes contentment, domestic peace and happiness. It's also a good day for business. Lucky you!

Cancer June 22 - July 23
Solitude in beautiful surroundings will please you today, which is why you should seek out some time for privacy. You even might want to cocoon at home.

Leo July 24 - Aug. 23
Your relationship with others, especially with groups, clubs and organizations, will be upbeat and positive today. Everyone is happy to see your face!

Virgo Aug. 24 - Sept. 23
This is a good day to talk to bosses, parents, teachers and VIPs about a project or a particular wish that you have. People will listen to your suggestions and probably approve of them.

Libra Sept. 24 - Oct. 23
This is a classic day to make big travel plans! Whatever you do, you know that you want to expand your horizons. It's a good day for school plans and anything to do with publishing and the media.

Scorpio Oct. 24 - Nov. 22
If you are dividing something today or discussing an inheritance, all parties will be happy. There is a feeling of mutual generosity with everyone. (This is good.)

Sagittarius Nov. 23 - Dec. 21
This is a great day to talk to partners and close friends, because everyone is upbeat and happy. Furthermore, people are generous. Someone might even treat you to lunch.

Capricorn Dec. 22 - Jan. 20
Work-related travel is likely today. Meetings, classes and get-togethers with others will be positive and upbeat. It's a good day to ask for someone's assistance or help.

Aquarius Jan. 21 - Feb. 19
This is an entertaining, fun-loving day, which is why you should make room for sports events, socializing and playful activities with children. Whatever you do — enjoy your day!

Pisces Feb. 20 - March 20
This is a good day for real-estate deals. It's also a good day to entertain at home. Invite the gang over for spaghetti and a bottle of vino!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	4	2	8	6	7	9	5	3
9	5	6	3	2	1	8	4	7
8	3	7	4	9	5	1	2	6
2	8	5	6	4	3	7	9	1
4	7	9	5	1	8	3	6	2
6	1	3	2	7	9	5	8	4
3	9	4	1	8	6	2	7	5
7	6	1	9	5	2	4	3	8
5	2	8	7	3	4	6	1	9

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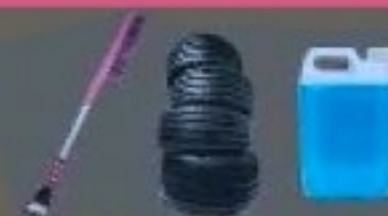
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